

GIVE THEM THE NAP

Little Children Need Plenty of Refreshing Sleep

TO KEEP THEM GOOD NATURED

Sensible Advice of a Sensible Mother to an Inquiring Woman.

A young mother asks: "How old should my little boy be before I break him of having naps?" and I confess I felt just a little surprised to think that any mother could ever think of "breaking" up the little fellow's naps; for the two or three hours during the day when all my little ones "will take a nap" are enjoying that luxury are very refreshing portions of the day to me, as I know they are to the average mother. Therefore, I say to our young mother, don't break your little boy of taking day-time naps at all, let him enjoy them just as long as he will, or at least until he is old enough to go to school, although he will probably object to the day-time naps for some time before that period.

We mothers seldom realize how many

could take; still some mothers must be told. It is a lower-class appearance to give to the room by means of curtains round the corners, draped down in the corners and round the windows, so much the better.

Keeping Fruit and Vegetables.
It is surely of much consequence to know how to keep fruits and vegetables as it is to know how to produce them, and yearly more and more thought and attention are bestowed on the subject of their preservation. It is a fact that experts in France have shown that fruits and vegetables stored under ordinary conditions, but heavily dusted with lime, will retain their freshness for a long time. Potatoes layered in lime kept for fourteen months, and were in as good condition as when dug. Beets, onions, apples, grapes and quinces similarly treated kept well for varying periods, but all for several months longer than they would have done ordinarily. The lime keeps away moisture, prevents the fruit from absorbing unpleasant odors, and destroys any microbes that may have found a resting place upon the skin or about the stem. This is a preventive within reach of all, and much cheaper than cold storage. Mirror and Farmer.

Value of Good Cooking.
We masculine have yet to learn that the kitchen is the most important end of the household. If that goes wrong the whole establishment is wrong. It decides the health of the household, and health settles almost everything. Heavy bread, too great frequency of plum pudding, mingling of lemonade and custards, unmanageable beef, have

rounding these off at the top and putting them to a steaming, strong, odorous perfume to change them at the bottom, the effect being the same in either case.

A very pretty hat for a girl was recently exhibited in a New York window. It was a wide-brimmed affair (all the girls' hats must be wide-brimmed this season) and one crimson splash of chiffon all over, with wide strings of the same.

A novelty of the season is the double fan. This is made of paper, with judge between good and bad investments. However, if they buy real estate in a rich and thriving city; a city noted for its great manufacturing interests; a city that furnishes free fuel to encourage such concerns, they can make no mistake. We offer investors lots in the most promising place in the United States, a city that has doubled its population several times within the last four years. It has the most promising future, and the large manufacturing interests centering there will make it double its population again this year. If you have a few dollars you should look into this chance to invest. We extend very easy terms. Address: Wilson Bros. & Co., 14 So. La Salle St., Chicago, Ill.

Write us for further information immediately, and learn how to double your money within a year. A few lots will make you rich, or to act as our agent will make you rich.

CHICAGO.

World's Fair Trains via the West Michigan.

MORNING TRAIN, "Flyer," with parlor car, leaves at 7:25 a. m. every day; arrives at Fair 12 noon; Chicago 12:30 p. m.

NOON TRAIN, with parlor car, leaves at 1:25 p. m. week days and arrives at Chicago 6:30 p. m., and via St. Jo and steamer 8:30 p. m.

NIGHT TRAIN, with sleeper, leaves at 11:30 p. m. every day and arrives at Chicago at 6:30 a. m.

Also 6:30 p. m., except Saturdays, via St. Jo and steamer, arrives Chicago 2 a. m.; sleep on steamer till morning.

Rush Tomorrow.

Come early tomorrow morning, as there will be a great rush for Oxford at O'Hara's; 72 Canal street. Just glance at the prices: Ladies' dongola Oxford with patent leather tips for \$1 and \$1.25; ladies' fine dongola Oxford, pointed Philadelphia or common sense toes, for \$1.50. All sizes, new stock, clean goods, and the greatest bargain of all in our ladies' line \$2 tan Oxford for \$1.50. Come early tomorrow morning to O'HARA'S, 72 Canal.

Complete Renovation.

The popular Half Way House, North Canal street, never presented a handsomer appearance than it does at the present time. O'Neil Charles P. Dickerman, the proprietor, has given the house a complete renovation and re-papering and added many new features, among them being new bath rooms. Meals are served at all hours. Mr. Dickerman will have a grand opening Saturday evening, July 1st.

LINE OF BEAUTY

Traverse City via West Michigan Railway.

MORNING TRAIN, with parlor car, leaves 7:30, including Sundays; arrives Traverse City 12:40 noon.

NOON TRAIN, with parlor car, leaves 1:40 week days; arrives Traverse City 6:50 p. m.

EVENING TRAIN, runs through solid, leaves 5:45 week days and arrives Traverse City 11:10 p. m.

NIGHT TRAIN, with sleeper, leaves 11:15 p. m., except Sundays, arrives Traverse City 4:50 a. m.

A New Certain Cure for Piles.

We do not intend to endorse any except articles of genuine merit; we therefore take pleasure in recommending to sufferers from Piles in any form, a prompt and permanent cure. The following letter speaks for itself:

Mrs. Mary C. Tyler, of Heppner, Ore., writes: One pkg. of Pyramid Pile Cure entirely cured me of piles from which I have suffered for years, and I have never had the slightest return of them since.

Mr. E. O'Brien, Rock Bluffs, Neb., says: The pkg. of Pyramid Pile Cure entirely removed every trace of itching piles. I cannot thank you enough for it.

The Pyramid Pile Cure is a new, certain, painless cure for every form of piles. It is safe, sure and cheap. Any druggist will get it for you if you ask him.

Correction.

The Herald published the statement Friday morning that Landford Dickerman of the Halfway House on North Canal street was to give a grand opening Saturday evening, July 1. The article was misleading, as it was Congress hall, Mr. Dickerman's last business venture he threw open to the public the evening advertised.

Send a copy of the Illustrated Herald to your friends. Price 5 cents.

Small Bile Beans

Are guaranteed to cure Bilious Attacks, Sick-Headache, La Grippe, Colds, Liver Complaint and Constipation. 40 in each bottle. Price 25 cents. Sold by druggists. Picture "7, 17, 70" and sample dose free.

J. E. SMITH & CO., NEW YORK.

A. B. KNOWLSON'S

PRICES ON—

COAL

FOR JULY DELIVERY:

Nut, Stove and Egg.....\$7.25

No. 2 Nut.....\$6.50

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